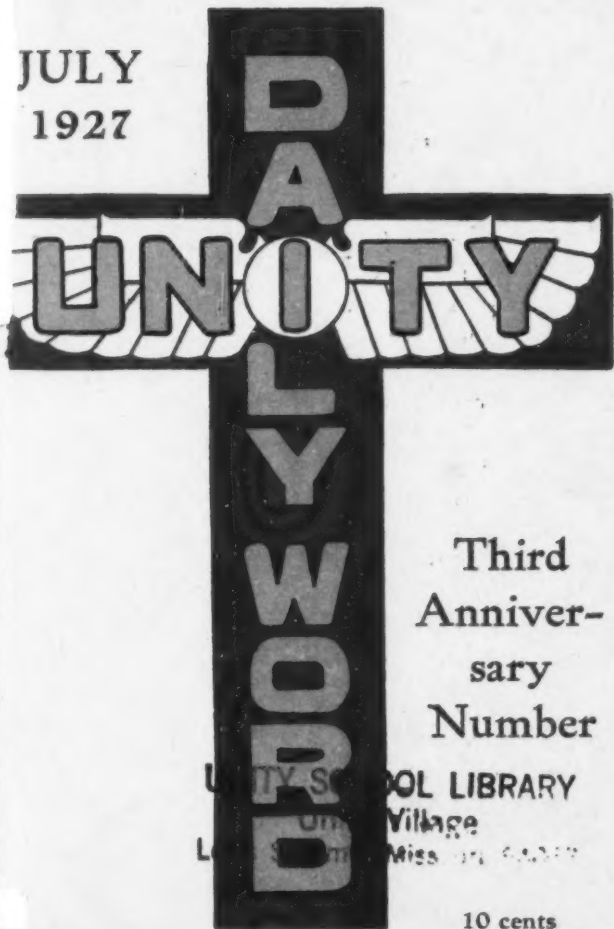


JULY  
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## MY DAILY PRAYER

ANNE B. MULLIS

Just for faith that will not waver,  
Just for truth, great All-in-all,  
Just to serve thee, O my Savior,  
To be ready at thy call.

Just for better understanding,  
Just to help some one in need,  
Just to calm myself in silence,  
Just to hear Thy voice I plead.

Just to sing when storms o'ertake me,  
Just to love when hate is near,  
To be brave when fears assail me,  
Just to trust thee, Father dear.

Just to feel, when tasks are over,  
That my best I've given Thee,  
Just to hear thy sweet voice murmur,  
"Well done, child, rest thou in me."



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# UNITY DAILY WORD

A monthly manual of daily studies in Christian metaphysics, issued the first day of the month by  
UNITY SCHOOL OF CHRISTIANITY  
917 Tracy, Kansas City, Missouri  
F. B. WHITNEY, *Editor*

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## BE OF GOOD COURAGE

Those of us who have grown spiritually great may live in eternal sunshine; we may be among those Godlike mortals, "tall men, sun-browned, who live above the fog." Always, in this life of earth, clouds of sorrow and mists of loneliness and sadness will float about the eyes of those who have not grown tall. But for those who are spiritually adult, the mists are low and escapable, and such as these will dwell in the serene light of faith and understanding and divine love, like a great mountain, whose peak lives always in unclouded blue, though its base be shrouded in mist.—*Helen Keller*.

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## WE'VE ALL OUR ANGEL SIDE

The huge rough stone, from out the ruins,  
Unightly and unfair,  
Has veins of purest metal hid  
Beneath the surface there.  
Few rocks so bare but to their heights  
Some tiny moss plant clings,  
And round the peaks so desolate  
The sea bird sits and sings—  
Believe me, too, that rugged souls  
Beneath their roughness hide  
Much that is beautiful and good.  
We've all our angel side.

In all there is an inner depth,  
A far off, secret way—  
When through the windows of the soul  
God sends his smiling ray;  
In every human heart there is  
A faithful sounding chord  
That may be struck, unknown to us,  
By some sweet loving word.  
The wayward will in man may try  
Its softer thoughts to hide;  
Some unexpected tone reveals  
It has an angel side.

—Selected.

## CONSCIOUSNESS

 HE student of practical Christianity very often finds the word "consciousness" in his reading. He may be able to grasp its meaning early in his studies, or again, the word may baffle him. The nature of the word is such that attempts to define it are not always very successful.

When we are conscious of something we are aware of its truth or its presence. At this moment we are more or less conscious of the fact that we are studying this word. We may be aware of the fact that we are more or less glad to have an elucidation of what has been rather an obscure subject. If we are sufficiently interested in what we are reading, we are not conscious of other persons and things in the room. We are not aware of their presence.

We have many things in mind of which we are not conscious. Probably at this moment we are not conscious of what we did yesterday. The events of yesterday are not in our consciousness. However, with very little difficulty we could recall to mind those events. We could bring them to consciousness and become aware of them. They would again become as real to our minds as they were yesterday when they took place.

The great truth that man is created perfect is one of which man is not always conscious. If he is a student of metaphysics he may think of this as a truth but perhaps not as a very live truth. He may become conscious that he is experiencing pain and dis-

ease. Even though he knows Truth it may be overlooked for a time because pain or disease seems to be the real fact. The person who is ill is one who is more conscious of disease than he is of the absolute truth. He may even be in what is called a state of unconsciousness, yet in his subconsciousness the disease belief is uppermost. Were this not true he would not be ill.

A person may be thought of as being unconscious because he seems to show no intelligence as to the persons and the things about him. However, after coming out of the unconscious state he may be able to relate what has taken place about him just as well as those who have been with him.

One may use affirmations to quicken him to consciousness of Truth. By affirming that he is conscious of health he finds that health becomes a truth and a reality to him. He becomes more aware of health than he has been aware of disease. His consciousness becomes so active in his contemplation of health that there is no room in it for beliefs in disease.

One is said to be in mortal consciousness when mortal thoughts seem to dominate him. Mortal thoughts—those of disease and death or those tending to limitation or destruction—become so active in his consciousness that he is unconscious of Truth.

Spiritual consciousness is the state in which man is conscious of his spiritual estate. In it he is aware of his peace, health, and abundance; he is conscious of his divine sonship; he is no longer aware of limitation in any form.



## LOYAL TO THE VISION



**V**IRTUALLY every one at some time catches a vision of Truth. He perceives the reality back of appearances. He is able to see through the mists and the shadows and to see the presence of infinite Being. Possibly at a time of great confusion he catches a vision of the perfection and harmony back of it all and to some extent perceives the possibility of getting back to God.

Catching the vision is not a difficult matter. It seems to be man's divine right to know more of reality and less of limitation. The fog of material limitation easily disappears before the least ray of Truth. The glory of understanding puts to flight every cloud of limitation.

Man must learn to hold to the vision. He must be able to hold to this ideal in the very face of opposition. He must be able to keep his vision so firmly fixed upon Truth that no form of limitation can cause him to lower his gaze.

Quite early in our experiences as students of Truth we catch the vision of health. We may be in health and the vision may be a clear one to us. The beliefs in disease seem inconsequential, insignificant, before the great and mighty truth of the healing Christ. Our vision is so clear that we wonder how any one could ever have allowed himself to be waylaid by such beliefs as those which cause sickness.

It is quite possible that occasionally we find ourselves far from realizing the Truth about health. We may seem to be pretty well in the hands of adverse

beliefs. What then of the vision? What about Truth then?

One should never feel that his adverse experiences prove the fallaciousness of Truth. Only his own failure to apply the teachings can cause him discomfort or bring disease upon him. Once he turns from his adverse state of consciousness to Truth he is healed.

When do we prove our loyalty to the vision? When we are most tempted by adversity to turn away from Truth. We prove ourselves loyal and true when the adverse thought appeals most strongly to us and when we can master it by holding to Truth.

Occasionally we find some very appealing affirmation for divine justice. How true it all is to us! When we feel that justice is manifest in our affairs we can readily consent to some statement of Truth about justice.

Some one comes our way and attempts to deal with us unjustly. How about our newly found affirmation? Is it just as true to us then? Of course it is. We have power, by our knowledge of the truth about infinite justice, to make justice manifest in all our affairs. The truth prevails in spite of personal attempts to thwart it.

How about love? Does love fail us even though hate and fear seem to force themselves upon us. No. Love never fails. We have but to hold to the vision of love and remain loyal to it. We shall see love triumph over hate and fear. We shall see the unloving person free himself from the bondage of adverse belief and join us in love.

## SONS OF GOD

Behold the amazing gift of love  
The Father hath bestowed  
On us, the sinful sons of men,  
To call us sons of God!

Concealed as yet this honor lies,  
By this dark world unknown,  
A world that knew not when he came,  
Even God's eternal Son.

High is the rank we now possess;  
But higher we shall rise,  
Though what we shall hereafter be  
Is hid from mortal eyes.

Our souls, we know, when he appears,  
Shall bear his image bright;  
For all his glory, full disclosed,  
Shall open to our sight.

A hope so great, and so divine,  
May trials well endure,  
And purge the soul from sense and sin,  
As Christ himself is pure.

—Selected.

(Read I John 3:1-4 in connection with this poem.)

## FRIDAY, JULY 1

Today's Exalting Word: *I am centered in the peace of God and I am at peace with all things.*

When one is peaceful he avoids much of the confusion in life which otherwise would be his. If one is not at peace with those about him, with his environment and his work, and with the things with which he deals, his whole world seems to him to be out of tune.

The peaceful person has many things in his favor. He seems to attract every good thing that he needs. He is master over his world.

When we become at peace with our associates we have taken a step toward erasing personal consciousness. When people no longer affect us we shall not have personal consciousness.

The peace of God leaves nothing more to be desired. It is truly beyond all understanding. It belongs to a realm apart from the world. It is heavenly.

When one is at peace with all things they cannot work against him. All things move in a smooth-going current when they are ruled by the peace of God.

There is one way by which we can assure ourselves of peace; we find that way by keeping our thoughts in line with the thoughts of God.

Thou wilt keep him in perfect peace, whose mind is stayed on thee.—*Isa. 26:3.*

## SATURDAY, JULY 2

Today's Exalting Word: *God is doing his perfect work in and through me, and I do the Father's work.*

Let us recognize that God is working in us at all times, exalting us higher and higher to a consciousness of our innate perfection. When we are conscious of God at work in us, we realize that infinite power is being exercised to make us more like our Father.

One should realize that he is open and receptive to the operation of divine power in his behalf. God needs the coöperation of man in order to perfect man. Man should work in harmony with divine law and carry out what the Father bids him do.

If one works contrary to God he will find that he is working contrary to his own good. He cannot do his work satisfactorily if he is not working in harmony with the divine. He should remember that God can bring naught but good into his life.

If there is something disorderly in your work, appeal to your higher consciousness to ascertain just where the trouble lies. If the matter is put in the hands of the Lord you will be shown just how your work should be changed. The transformation will bring you harmony and success.

One should think of all his work as God's.

My Father worketh even until now, and I work.  
—*John 5:17.*

## SUNDAY, JULY 3

Today's Exalting Word: *My path is the path of Spirit. My way is plain and easy.*

Let us know that whatever we are required to do can be easily performed. By taking this attitude we help ourselves to succeed in whatever we undertake. We must be mentally in harmony with what we do, in order to accomplish it successfully.

If we think of our way as a difficult one, it becomes so to us. If we think that we are working out of harmony with God and our fellowmen, then we find that the path is hard and stony. Going the way of Spirit, the way of peace and love, is a very easy process to one who has learned the value of living in accordance with the principles of Truth.

When one follows the way of Spirit he finds that spiritual light is shed upon his path. He finds that the Spirit of the Lord goes before him and makes easy his way. He discovers that there is a way to live and to move in harmony with God, a way wherein there is no disorder or failure, a way of bountiful joy.

Being a Christian should not be a difficult matter. There is so much to be gained by living the harmonious life that the compensation is well worth the effort.

He hath showed thee, O man, what is good; and what doth Jehovah require of thee, but to do justly, and to love kindness, and to walk humbly with thy God?—*Mic. 6:8.*

## MONDAY, JULY 4

Today's Exalting Word: *Freed from every belief in bondage, my mind, body, and environment express perfect freedom.*

Freedom takes place first in the mind. Unless the mind is disabused of belief in bondage one cannot be free. Freedom depends entirely upon a consciousness of perfect freedom. If one holds the belief that anything or any person is holding him in bondage, that belief brings about bondage just the same as if he were really bound. Many persons have a delusion that some individual or some thing is keeping them in bondage. They become bound by the delusion, not by persons or by things.

The way of Spirit is one of liberty and freedom. One who walks this way soon finds that his old delusions about bondage to persons, things, disease, and failure give place to perfect freedom.

Let the truth of Christ be your declaration of independence. It will emancipate you from all enslavement to woes of the flesh. It will free you in mind and in body.

The truth of Christ breaks all bonds of limitation. When man perceives Truth he manifests freedom. He realizes what it is to be free in God, free with no thought of limitation or bondage.

He hath sent me to bind up the broken-hearted, to proclaim liberty to the captives, and the opening of the prison to them that are bound.—Isa. 61:1.

## TUESDAY, JULY 5

**Today's Exalting Word:** *Freed from all belief in flesh heredity, I manifest my divine sonship.*

If one holds to the belief that he inherits weakness and disease from his parents he cannot express the strength and health of his heavenly Father. Man must look to God for his heritage. He must claim the mental and physical perfection which he inherits from God.

Those who believe that they are under some adverse law of flesh heredity are governed by such a law, even though it is one of their own making. How little man realizes that when he makes a law he becomes subject to it.

One can be free from the effects of flesh heredity only by casting from mind all belief in it. If such belief were not cast out, the process of treating the body to remove taints of heredity would go on and on without success. Treatment must be given to the mind. Healing must take place on the causative side.

Man's second birth takes place when he perceives that he is born not of flesh but of Spirit. The second birth consists of both a freedom from the belief in fleshly heredity and a laying hold of divine sonship.

As we have borne the image of the earthy, we shall also bear the image of the heavenly.—*I Cor. 15:49.*



## WEDNESDAY, JULY 6

**Today's Exalting Word:** *I erase from consciousness all belief in age. The renewing youth of Spirit vitalizes and invigorates me.*

The belief in age causes age to appear. Such a belief imprisons the mind; thought becomes stagnant and crystallized; the body loses its lightness and resiliency. The age belief weighs upon all the thoughts and upon body action.

One should keep his mind charged with youth at all times; then the belief in age will pass him by. In fact such a belief will never come to one whose mind is youthful.

By renewing his consciousness man has power to renew his whole being. When belief in age is exchanged for belief in youth the body will no longer grow old. It will take on the character of the youthful thought back of it.

Youth or age is entirely a matter of consciousness. We no longer think of one as old because he has lived a long time. He is old or young according to his mentality. If he has new and youthful ideas, then his whole being goes through a renewing and youthful process. His youthful thought keeps him young.

Ye have put off the old man with his doings, and have put on the new man, that is being renewed unto knowledge after the image of him that created him.—*Col. 3:9, 10.*

## THURSDAY, JULY 7

Today's Exalting Word: *I do not procrastinate. Through Christ I am prompt and punctual in all that I do.*

Putting today's duties off until tomorrow is a habit in which some persons indulge themselves. Tomorrow never seems to come; consequently there is a subconscious feeling that the work will not need to be done.

Each day has its duties, its opportunities, for us. If we put off doing that which is expected of us we do not get the full benefit of the day. We delay our soul growth if we do not assume the obligations and responsibilities which should rightfully be ours.

A task which is put off is harder to perform. If one will but do his work at the appointed time he will find that he can do it more easily and better.

One should not put off doing his work unless circumstances compel him to do so. He should have the right mental attitude toward that which he does and he should be able to think happily and constructively when planning his work and carrying out his plans.

Tomorrow will have its own duties and lessons for us. We need not look into the future or give it today's tasks.

Procrastination has no place in the consciousness of one who abides in Christ.

Boast not thyself of tomorrow.—*Prov. 27:1.*

## FRIDAY, JULY 8

**Today's Exalting Word:** *I do not criticize myself for my deeds of the past. In the name of Jesus Christ I am forgiven.*

One should not criticize himself for what he says or does. He should profit by his experience and let the lesson be of service to him in the future.

If one acts with the best judgment that he has, then he should not criticize himself later for not having acted otherwise. He should not judge deeds of the past by concepts of the present.

Some persons make their own lives very unhappy just by criticizing and condemning themselves for what they have or have not said or done. Their self-condemnation seems to clamp down upon their lives and to keep them from enjoying the most usual pleasures.

Self-condemnation is never justified. One's argument for it is wholly wrong. The attitude of judging oneself today by what he did yesterday is strictly an adverse one. If he will but see how foolish this is he will find that he does not take the attitude of condemning himself.

Through Jesus Christ forgiveness comes to us. We must learn to forgive ourselves by the forgiving love of Christ which is right at hand. This forgiveness knows no limitation.

Have faith in what you do, and after it is done do not condemn yourself.—*Christian Healing.*

## SATURDAY, JULY 9

Today's Exalting Word: *Restored to a consciousness that I am the image and likeness of God, I manifest perfection.*

In the sight of God, man is eternally perfect. He is created in the very image of God. In God, man has never fallen, neither has he sinned. In his Father man exists blameless and spotless.

Man's limitation is solely something of his own conception. His imperfection arises from his imperfect thought about himself. By the creative power of thought he determines whether he will manifest perfection or imperfection. When he realizes his perfection in God, he can cause it to show forth in his life.

The image and likeness of God implanted in man in the beginning has never changed. Man may change his ideas about himself but the divine and spiritual idea is ever the same. When man turns from his limited ideas about himself to the divine idea, this perfect idea manifests as perfect man.

If one would manifest Godlikeness and perfection he should no longer think of himself as limited or as imperfect in any way. He should think of himself as he is in Truth, as he exists in the mind of God. In Truth man is eternally perfect.

Now unto him that is able to guard you from stumbling, and to set you before the presence of his glory without blemish in exceeding joy . . . be glory, majesty, dominion and power.—*Jude 24.*

## SUNDAY, JULY 10

Today's Exalting Word: *Reverently turning to God, I am inspired to serve him in all that I think and do.*

The prophets often spoke of man's fear of God. Just what did they mean when they spoke of God's inspiring fear in man? Does divine love ever inspire fear?

In a theological sense the word "fear" is used to indicate that emotion which the sublime inspires in man. Before God, man stands in solemn wonder or holy awe. His fear of God then may be defined as a profound reverence. In the presence of God man does not feel afraid.

When we reverently turn to God we feel this great, profound reverence. We are inspired to serve him at all times. Beholding the vastness of God we begin to feel something of our own infinite possibilities.

There are those who have a sense of holy awe when they first behold the ocean, the Grand Canyon of the Colorado, or Niagara. The magnitude, the beauty, and the power of these seem for the moment to overwhelm the spectator; he has a sense of being insignificant in comparison with such gigantic wonders. For a moment he may interpret this feeling as one of fear.

Only fear Jehovah, and serve him in truth with all your heart.—*I Sam. 12:24.*

## MONDAY, JULY 11

Today's Exalting Word: *The joy of the Lord removes every trace of depression from me and I am filled with joy.*

To remove sorrow and depression from our lives we must erase these adverse beliefs from consciousness. If we fill our minds full of joy there will be no place for sorrow. Joy wipes out depression and supplants it.

When our hearts are firmly established in the joy of the Lord there can be no lack of joy in our lives. God is a wellspring of joy. One who fixes his heart upon God finds that he is shielded from all sorrow.

Sorrow is purely mental. It is not based upon the condition of things or upon the state of affairs but upon one's mental reaction to these. Sorrow easily gives way to joy.

One way to manifest joy is to give thanks for every evidence of it. If one counts his blessings he soon sees that he has a great deal for which to be thankful. This plan will cause forgotten joys to appear again.

When we catch the real spirit of life we find that, after all, there are many things for which to be thankful and really very few to cause us to be sad. The good will always predominate over the evil.

If thou set thy heart aright,  
... thou shalt forget thy misery.

—Job 11:13, 16.

## TUESDAY, JULY 12

Today's Exalting Word: *I am just and fair in all my dealings with others. Infinite justice prevails in all my affairs.*

To be just and fair with others is a lesson which each one must learn. When one grasps the meaning of the great laws of life he can no longer be unfair and unjust with those about him. He has lost all desire to infringe upon the rights of another.

Injustice comes about through the failure of one to know just how far his rights extend. He is inclined to believe that he has the right to limit another's freedom. He may even assume the right to dominate another.

If one would be justly dealt with he must be just. If he is unjust he will build up a state of consciousness which will attract injustice to him. He will come under the spell of injustice.

One should wipe out all belief in unfairness and injustice and know that no law can operate in his life but the law of good, the law of God's eternal justice. This law is free to operate when one's thought is established upon justice and right.

The prevalence of justice comes when one wipes out all belief that anything else can prevail in his affairs. The thought-substance which has been given to adverse belief must be given to Truth.

It is joy to the righteous to do justice.—*Prov. 21:15.*

WEDNESDAY, JULY 13

Today's Exalting Word: *My memory is cleared of all record of personal shortcomings. Henceforth I think of myself and of others as we exist in Truth: free and perfect.*

The subconsciousness may be thought of as the part of consciousness which deals with memories. Adverse memories in the subconscious mind are the source of much discomfort and ill health. One may think and think of the shortcomings of himself or of another until he builds up an adverse state of mind. This negative thinking builds up personal consciousness.

One good way to get rid of unpleasant memories is to learn to give up the past. If one lives in the present he is not bothered by memories of the past. He does not think of persons or things according to past concepts of them.

One who expects to go the way of Spirit must think of himself and of others as they are seen in Spirit. He must give up personal consciousness and the inclination to view man according to personal limitations. He must learn to behold in man the very image and presence of Spirit.

When one ceases to think of his personal limitations and to look at them he will find that they are on the way to disappear.

Their sin will I remember no more.—Jer. 31:34.



## THURSDAY, JULY 14

*Today's Exalting Word: Free from fear  
I abide in the courage and strength of God.  
In God I am unafraid.*

One who fears is tense. He lives in the feeling that some harm will come to him. Very often he thinks of evil as coming to him because of the ill will of another; then his fear is based upon the fear of people.

Fear can be put to rout by the consciousness of courage. If one's mind is filled with powerful thoughts of courage he will have little fear. He will be so interested in the courageous feeling within him that he cannot give himself to fear.

If one would be unafraid he must see that no thoughts of fear are given room in his consciousness. He must know that no fear of persons or things is acknowledged. He must not let the smallest amount of fear rest in his consciousness. Even a little fear will grow and develop.

Man's natural heritage from God is not fearfulness. Man inherits courage and strength from his Father. In His likeness he is created courageous and strong. In God's world there is nothing of which to be afraid.

Let us erase from mind all fear.

Jehovah is my light and my salvation;  
Whom shall I fear?

—Psalms 27:1.

FRIDAY, JULY 15

Today's Exalting Word: *There is no place for evil in my consciousness. Only the good can abide in me, in my mind, and in my life.*

The student of Truth so disciplines his thinking that there is no place in his mind for evil. He expels all adverse belief in order to keep his consciousness of good unsullied.

Just as some plants cannot flourish well in the presence of weeds, so the presence of evil is antagonistic to good. The more good thoughts that one has the more power for good does he have to combat the working of evil.

As one learns that in Truth God, the good, is all in all he finds that in reality evil does not have any presence, being, or reality. This statement sounds very ethereal to one who has not grasped the nothingness of evil and the omnipotence of God.

One of the best ways to keep evil out of consciousness is to take the stand that it can have no place there. One can turn evil away from his consciousness just as he would turn away some undesirable whom he did not wish to receive in his home.

Evil must be thought of as an adverse belief, never as a power, a person, or a thing.

He that would love life . . .

Let him turn away from evil, and do good.

—I Peter 3:10, 11.

## SATURDAY, JULY 16

Today's Exalting Word: *The Spirit of wisdom within reveals all things to me. My indwelling Spirit inspires, guides, and directs me at all times.*

We must learn to turn to our indwelling Spirit, knowing that it will reveal to us just what we should do in case of indecision or doubt. How natural it seems for us to have within us some power to guide, govern, and direct ourselves! How unnatural it would be for us to have to resort to some outside power, to some other person, for directions as to what we should do! How can another possibly know how we should think, or act, or speak?

Man will rid himself of much unhappiness when he learns that he has within him the source of all wisdom, power, and joy. There seems to be nothing else to be desired.

Any person will be happy when he truly knows that no one else in the world is called upon to direct his life. What a freedom to know that we are free from the dominance of others! What a joy to know that we are spiritually led in all our ways!

The same freedom which we enjoy in this matter of relying upon our own indwelling Spirit must be extended to others.

What we need to do is to seek this revelation of the living Christ within our own being, each for himself.—*Lessons in Truth.*

## SUNDAY, JULY 17

Today's Exalting Word: *Looking past appearances, I see all things as they exist in Truth, in reality.*

Looking past appearances, we see something beyond limitations, disease, and personality. The appearance is often the cloud which obscures the light of Truth. This light reveals the good hidden by evil, the innate perfection back of the mask of limitation.

The sense man looks at appearances and his view is warped thereby. Looking through spiritual eyes man sees according to absolute reality. He beholds things as they are seen by God, as they exist in Principle.

How often one misjudges another because of seeing him from the standpoint of appearances! If one could but see the pure motives that prompt another to action he would not be so inclined to criticize.

Some persons have such a spirit of optimism that they can take heart when others would be inclined to be disheartened by adverse appearances.

The more one exercises this ability to look past appearances the easier it is for him to use it. If he refuses to be baffled by appearances they cannot overpower him. His optimistic vision will help him through.

*Jehovah seeth not as man seeth; for man looketh on the outward appearance, but Jehovah looketh on the heart.—I Sam. 16:7.*

## MONDAY, JULY 18

Today's Exalting Word: *I do not doubt my own ability. In Christ I have faith that I can do all things.*

In order to succeed one must have faith in himself. He must recognize that in Christ he has power to accomplish whatever he undertakes. He must be free from every vestige of doubt if he would do his best work.

Doubt is a retarding influence. One who is doubtful holds himself back. If he doubts his power to progress, that adverse state of mind keeps him from succeeding.

One has within him all power. In Christ he has power to do all things. There are no limitations put upon him, just as there are no limitations upon Christ.

Faith must be unshaken. Even in the most trying circumstances one must have faith. He must have supreme faith in himself. He must have faith in Christ within.

Faith has carried many a man to success. Undaunted by discouraging incidents and by appearances he has gone forward, charged with the consciousness that nothing could keep him from the goal. He has had faith in God, the good. He has had faith that only the good would come to pass.

When one has unchanging faith in Christ within himself he has faith in an unconquerable power.

Watch ye, stand fast in the faith.—*I Cor. 16:13.*

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How often one misjudges another because of seeing him from the standpoint of appearances! If one could but see the pure motives that prompt another to action he would not be so inclined to criticize.

Some persons have such a spirit of optimism that they can take heart when others would be inclined to be disheartened by adverse appearances.

The more one exercises this ability to look past appearances the easier it is for him to use it. If he refuses to be baffled by appearances they cannot overpower him. His optimistic vision will help him through.

*Jehovah seeth not as man seeth; for man looketh on the outward appearance, but Jehovah looketh on the heart.—I Sam. 16:7.*

## MONDAY, JULY 18

Today's Exalting Word: *I do not doubt my own ability. In Christ I have faith that I can do all things.*

In order to succeed one must have faith in himself. He must recognize that in Christ he has power to accomplish whatever he undertakes. He must be free from every vestige of doubt if he would do his best work.

Doubt is a retarding influence. One who is doubtful holds himself back. If he doubts his power to progress, that adverse state of mind keeps him from succeeding.

One has within him all power. In Christ he has power to do all things. There are no limitations put upon him, just as there are no limitations upon Christ.

Faith must be unshaken. Even in the most trying circumstances one must have faith. He must have supreme faith in himself. He must have faith in Christ within.

Faith has carried many a man to success. Undaunted by discouraging incidents and by appearances he has gone forward, charged with the consciousness that nothing could keep him from the goal. He has had faith in God, the good. He has had faith that only the good would come to pass.

When one has unchanging faith in Christ within himself he has faith in an unconquerable power.

Watch ye, stand fast in the faith.—*I Cor. 16:13.*

TUESDAY, JULY 19

Today's Exalting Word: *The principle of Christ governs all my thinking and I think only thoughts of good and truth.*

If one did not have some basis for his thinking he would think all kinds of thoughts. He would think that any thought—whether good or adverse—was a thought from God. He would make his mind receptive to the most adverse type of thoughts.

When we have a principle to govern our thoughts we have some system for disciplining our thinking. The advanced student of Truth is one who has learned to keep limiting thoughts from his mind. He has learned to keep thinking thoughts of good, even when appearances might prompt him to think adverse and limited thoughts.

When we accept God as principle we cause all our thoughts to measure up to God. If a thought is not in line with this principle we have no right to give it place in our mentalities. If a thought is opposed to the principle that is back of health, it may be said to be a disease-producing thought. The fact that it is opposed to Truth should bar it from our minds. If we would have health, our thoughts must line up with the principle of health.

We see the necessity not only of thinking right thoughts, but also of having a right basis for our thinking. We must think from Principle.—*Christian Healing.*



## WEDNESDAY, JULY 20

Today's Exalting Word: *The love of God through Christ harmonizes my mind and heals my body.*

This statement is the Silent Unity healing word to be used from July 20 to August 20.

A consciousness of harmony causes the physical body to become harmonious. When thought is harmonious, the various organs and parts of the body come under the rule of harmony.

Love is a powerful factor in harmonizing the mentality. Thoughts of fear and hate must give up their malicious work when love is turned upon them. Love is a healing agent. It heals one's mind of the most adverse thought.

Health is based upon the law of harmony. When one's body is in perfect harmony he is said to be in perfect health. Harmony in the body must always be thought of as based upon harmony of mind, since harmonious thought is the power back of physical harmony.

We place ourselves in a harmonious relationship with the great laws of the infinite when we make harmony the keynote of the mental and the physical organism.

How much depends upon thinking harmoniously!

When . . . [man's body] is in harmony, it never wears out. The harmony referred to is adjustment to the law of Being.—*Christian Healing.*

## THURSDAY, JULY 21

Today's Exalting Word: *The love of God increases and multiplies my Christ substance, making me a magnet for all good.*

This statement is the Silent Unity prosperity word to be used from July 20 to August 20.

When man becomes conscious of the working of God in all his affairs he finds that his prosperity and substance increase and multiply. His substance increases as his prosperity increases; God at the very heart of his consciousness enriches his ideas and causes his prosperity to spring forth.

Love causes substance to increase. All about us we see the magical work of love. We see the loving person successful and prosperous. We see prosperity attracted to him because of his love.

Love draws good to us. If we would attract more good we must make ourselves more loving. If we would draw more substance to us we must manifest more of God's love.

Love always proves a blessing to us. We may not know just how our good will come to us but if we are loving we will attract it to us. We will draw to us the best that the Father has in store.

The increasing and multiplying power of God is always at work in our affairs and if our consciousness can perceive it the manifestation takes place speedily.

Jehovah thy God will bless thee in all thine increase.—*Deut. 16:15.*

## FRIDAY, JULY 22

Today's Exalting Word: *All ignorance and darkness are erased from my consciousness. The light of God within me illumines and inspires me.*

Light dispels darkness; knowledge erases ignorance. Spiritual knowledge is likened to a great light because the shadows of ignorance flee before it.

The light of God causes man to see all things as they exist in Truth; man's limitations disappear when this light reveals to him his unlimited possibilities. When he beholds himself as the son of God and created in the likeness of perfection, he no longer sees himself as bound to limitation in any form.

The light of God causes knowledge to spring forth. When one becomes spiritually illumined, he has an understanding of everything in his world. He cannot be in darkness, in doubt, or in confusion.

The light of God illumines the whole body temple. When man perceives the truth about health, every darkening belief is erased from mind and body. Occasionally we see some one who has such a high consciousness of Truth and has so demonstrated this light in his very being that he fairly radiates light.

The light of God wipes out every confusing belief in mind, body, and affairs.

God, who commanded the light to shine out of darkness, hath shined in our hearts, to give the light of . . . knowledge.—II Cor. 4:6.

## SATURDAY, JULY 23

**Today's Exalting Word:** *This day I lay hold of my divine sonship. Now do I establish myself in God's bountiful blessings.*

Many persons are timid about claiming God's blessings right now. They seem to feel that to be timid about claiming their divine sonship is to show forth meekness. They do not see that failure to lay hold of their true heritage is the only thing which keeps it away from them. They do not realize that in order to enjoy that which is rightfully theirs they must actively set about claiming it.

There is no time like the present, the glorious now. If one puts off his blessings until some other time they will always exist in the future for him. They will be somewhere just around the corner. He will never be able to catch up with them.

When we establish ourselves as sons of God we come into possession of all that the Father has. God's gifts to his children include peace, love, health, and plenty. One who knows himself as a son of God can lack none of these.

Living in the eternal now has many advantages. One who lives in the past or in the future knows none of the blessings of today. Living now and right here attracts us because we can find blessings right at hand.

**Beloved, now are we children of God.—I John 3:2.**

## SUNDAY, JULY 24

Today's Exalting Word: *The truth of Christ saves me from all adverse experience and I abide in perfect harmony.*

When we abide in Truth we are free from fear, limitation, and adversity in every form. Knowledge of Truth saves us from adverse experience. Christ, the truth, is our salvation and deliverance.

We can stand aside and witness the perfect work of Christ when we abide in the Christ consciousness; we can detach ourselves personally from situations and know that Christ is working in all our affairs.

The knowledge of Truth saves man from the in-harmonious conditions which are developed by acceptance of a lie as the truth. If one has thought that disease is true he is saved from it when he realizes that in reality health is all in all.

We can see that Jesus was rightly called Savior. He brought to man the truth which would set him free. Jesus was identified with the saving grace of God. Ministering in the Father's name, his salvation was impregnated with divine power.

Very often man is so busy trying to help God work that he interferes with the divine plan. He must learn to step aside, to give up personal worries, and to let God do his work in his own way.

Fear ye not, stand still, and see the salvation of Jehovah, which he will work for you today.—Ex. 14:13.

## MONDAY, JULY 25

Today's Exalting Word: *The presence of Christ frees my mind and body from disease and I realize perfect health.*

The presence of the Christ consciousness annihilates evil thought. No belief in evil or disease can remain in the presence of Christ. Disease becomes an unreality when one perceives that in Truth Christ is actually present as a spiritual reality.

Jesus Christ saved men from disease by giving them the salvation of Truth. When they perceived Truth they were saved from the adverse thoughts which caused disease to appear.

The Christ Truth saves man from weakness and disease. The Truth about health overpowers the belief that man is weak or diseased. The presence of this truth outpictures in the body as perfect health.

When the Christ Truth is present in consciousness man can very easily realize health. Truth primarily gives health to the mind. Spiritualization of the mentality causes perfect health to appear.

When one feels pain or weakness he must turn in thought to God. He must turn from the belief in adversity and lay hold of Truth. Jesus has given man the Truth but man must take hold of it and do his part. He must realize its perfect healing work.

Salvation from disease depends upon the patient's being lifted to the clear realization of the healing presence of Christ.—*Beginning Again.*

TUESDAY, JULY 26

Today's Exalting Word: *I rejoice to abide in heaven right here and now. God's heaven is in the very midst of me.*

Early theologians thought of heaven as some place in the distance, in the future, as a place of future reward. Somehow, even though the teaching was sound, as dogma, it did not appeal to mankind. For one to have to go through disease or accident, and then death, in order to get to this heavenly state did not seem sound teaching in the face of the Christian doctrine of resurrection of the body from disease and death.

By one's thinking he decides whether he will have heaven or hell. His mental state is either heavenly or adverse. If he thinks heavenly thoughts, there is no devil or hell in his life. While he thinks adverse thoughts, he does not live in heaven.

If we keep our minds centered upon thoughts of peace, power, and love, we assure ourselves of heaven right here and now. Where peace and love are, there is the heavenly state. There can be nothing more heavenly than perfect peace and the manifestation of divine love.

If you are skeptical about a present-day heaven just try keeping your thought clear of all adverse beliefs and keeping it centered upon peace and love.

Lo, the kingdom of God is within you.—*Luke 17:21.*

WEDNESDAY, JULY 27

Today's Exalting Word: *I patiently witness God, the good, prevailing in me and in all my ways.*

One must not be restless and impatient in the matter of spiritual growth. If he would see the action of Spirit he must personally stand aside free from all doubt, anxiety, and restlessness.

Worry causes many persons to keep their affairs in a state of constant turmoil. One cannot be conscious of the transforming and constructive work of the Spirit if by his adverse mental attitude he keeps himself and his affairs in confusion.

Patience helps one to get away from worrying about time. If one is worried about the future, worried for fear that he has not enough time in which to accomplish some task, he needs to learn the lesson of patience. Only in quietness and in patience can he do his work well.

When one is in a state of tension and excitement over conditions in his life, worried about their possible outcome, he will find a great relief just in being patient. If he has faith in God, that faith should be exercised to the extent of absolutely knowing that God has power to bring order out of chaos. By entertaining fear and impatience one shows lack of faith.

In your patience possess ye your souls.—*Luke 21:19.*



THURSDAY, JULY 28

Today's Exalting Word: *Christ in the midst of me now manifests as my abundant prosperity. In Christ I am bountifully prospered.*

Occasionally some one says to us, "I can conceive that spiritual healing is possible, but this matter of demonstrating supply by prayer is not so easy to understand." A good explanation of this can be made just by having the doubter perceive his relation to life.

How could man get along if the necessities and requirements of life were withheld from him? What would be the nature of the Father if he created man without means for existence? The Creator has provided sustenance for even the lower animals.

Possibly as many persons are unhappy on account of lack as are unhappy because of ill health. Truth ministers to all of these. There is no want which Truth cannot satisfy.

Christ in the midst of man's spiritual consciousness has power to stir man to the realization of bountiful prosperity. In Christ man realizes that all his wants are bountifully supplied.

Abundant supply by the manifestation of the Father in us, from within outward, is as much a legitimate outcome of the Christ life or spiritual understanding as is bodily healing.—*Miscellaneous Writings.*

FRIDAY, JULY 29

Today's Exalting Word: *My vision is cleared of all limitation and I see all things clearly and distinctly.*

As one's spiritual vision develops he finds that his physical vision is cleared and strengthened. One cannot perceive Truth without developing a new sense of seeing. As the eyes of the mind are opened, so are the physical eyes.

We help to clear our eyes of all limitation, cloudiness, and obstruction when we grasp the truth. Our eyes become clarified because in consciousness we have had a purification. We have developed the ability to look past limitations and see the truth.

One should relax the muscles and the nerves of the eyes many times a day. It is easy for one to allow his vision to become fixed, easy for him to get in the habit of staring at things and thus holding the eyes in a state of strain. Practicing the silence helps one to overcome this habit.

One should never think that his eyes are tired, lacking youthfulness, or failing. He should think that they are filled with peace, freshness, and vitality. He should think that they are the very eyes of Spirit.

When one realizes that his eyes are filled with youth and life, free from all tension and strain, he may be assured that they will be strong and healthy.

The commandment of Jehovah is pure, enlightening the eyes.—*Psalms 19:8.*

## SATURDAY, JULY 30

Today's Exalting Word: *Casting all sense of burden upon the Lord, I am care-free and happy.*

Many persons load themselves down with worries and burdens. They seem to try to carry all the burdens of the world upon their shoulders. They try to accomplish everything through their own puny efforts, relying but little on the arm of the Lord.

The student of practical Christianity early learns to lean upon God. He learns to cast all sense of burden aside and to know that one mightier than he can bear the load. He learns to rely upon the higher Intelligence and supreme Power which exists in the very heart of man.

Many times a person carries a burden of which he is not conscious. He feels its presence through his depressed thought. He begins to feel weighted down and discovers that he is carrying a load.

The matter of throwing off one's burdens is very important. One cannot progress along the spiritual path if he has a sense of heaviness and a feeling of being burdened by things and circumstances. He must gain a certain light-heartedness if he is to advance.

Sometimes one feels burdened because he is trying to carry another's load for him.

Cast thy burden upon Jehovah, and he will sustain thee.—*Psalms 55:22.*

## SUNDAY, JULY 31

Today's Exalting Word: *I am no longer selfish or self-centered. I abide in the universal love of Christ.*

One who is selfish views situations from the standpoint of his personal self. He looks at circumstances with the inquiry, "Just how will this profit me?" In relations with others he tries to make situations conform to his personal code of conduct.

The selfish person always feels himself detached from others. He has not grasped the great universal Truth. He has not perceived the great unity underlying all life.

If one is self-centered he can help himself by broadening his sphere of action. If he becomes interested in more things his world will seem to expand. Gradually he will find so many interesting things in life that he will lose sight of self. He will lose his personal consciousness when he finds the universal.

If one loves his fellow man he is ready to help and to serve as he himself would be served. If one is as keenly interested in another's good as he is in his own, then he may know that he has risen out of selfishness. He can know that he has perceived the great unity of Spirit upon which brotherhood is built and upon which unselfish love rests.

Thou shalt love thy neighbor as thyself.  
—Matt. 22:39.

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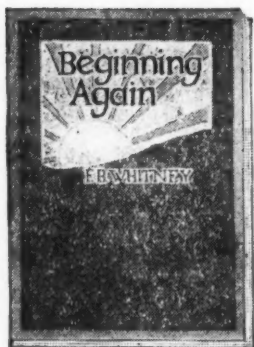
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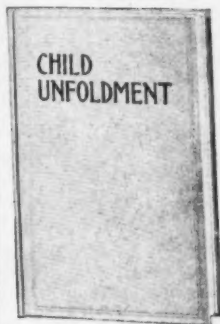
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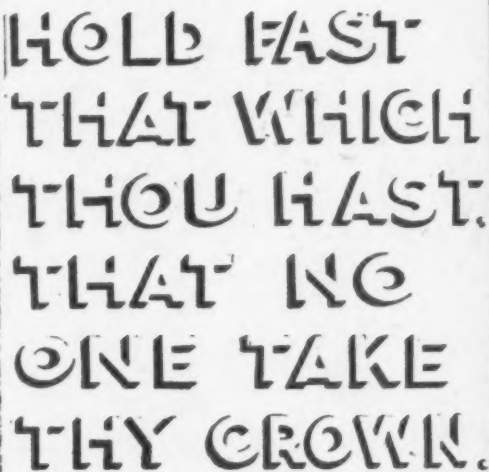
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